



# Anderson Park District

## Youth Basketball League Modifications

The following are modifications made for the Anderson Park District Youth Basketball Leagues.

All other rules will be governed by the **National Federation of High School Basketball Rules**.

LEAGUE	3 <sup>rd</sup> - 4 <sup>th</sup> Grade
<b>Timing:</b>	4 - 8 minute quarters (running clock except for the last 2 minutes of each half).
<b>Playing Time:</b>	2 full quarters uninterrupted (1 quarter per half). A player may only play 1 more quarter than any of their teammates.
<b>Substitutions:</b>	No substitutions if you have 10 players. Players must play the entire quarter, unless injured. Teams with less than 10 players may only sub in the 2 <sup>nd</sup> & 4 <sup>th</sup> quarters.
<b>Ball:</b>	28.5 inch
<b>Time in Lane:</b>	5 seconds. The lane is from the free throw line to the baseline.
<b>Free Throw Line:</b>	12 foot line
<b>Height of Goals:</b>	9 feet for 3 <sup>rd</sup> ; 10 feet for 4 <sup>th</sup> . If grades are combined, the goal height will be determined by Rec Supervisor.
<b>Backcourt Pressure:</b>	Not allowed. The defensive player must give the offensive player 5 feet into the frontcourt before attempting to gain possession of the ball.
<b>Defense:</b>	Man-to-man defense only. No zone defense or double team. Man to man defense is to be officiated in the spirit that the rule is written. No player is to be standing in an area, not guarding anyone. However, you do not need to follow the offensive player to a corner if you are two passes away.  Help side defense is a principle of the man to man defense and allowed in the lane (key). If you are two passes away you may be in the help side defense, however, the defensive player needs to be receptive and react if the player he/she is guarding moves around the court.  Violation Consequence: When a 3 <sup>rd</sup> warning is given to a team by the referees and after each subsequent violation of the rule, one point will be given and the ball will be awarded to the non-offending team.

**SCROLL DOWN FOR LEAGUE RULES**

**Revised 8/1/17**



# Anderson Park District

## Youth Basketball League Rules

*There are rule modifications made to meet the recreational and/or competitive nature of each park district league. All other rules will be governed by the National Federation of High School Basketball Rules. The APD has the right to modify the league rules for the betterment of the league, and will notify all the coaches if the rules change.*

<b>Grace Period and Forfeits:</b>	A team must have at least 4 players to start or continue a game. Each team will be given a 5 minute grace period if they do not have at least 4 players at game time. Once that 5 minute grace period has expired and the team does not have at least 4 players to play, the team will forfeit.
<b>Timeouts:</b>	Each team has 3-30 second timeouts per game. No timeouts will carry over to overtime. In overtime, each team will have 1-30 second timeout. Timeouts may be called by a coach or player.
<b>Intermissions:</b>	There will be 3 minutes in between halves and 1 minute in between quarters.
<b>Overtime:</b>	If the score is tied at the end of regulation, there will be a 2 minute overtime period starting with a jump ball. There will be a maximum of 2 overtime periods before the game would end in a tie.
<b>Backcourt Pressure:</b>	Backcourt pressure is when the defense pressures the offense in the backcourt (full court press). Leagues not allowed to press must allow a player to either dribble or pass across the half court line. The defensive player must give the offensive player 5 feet into the frontcourt before attempting to gain possession of the ball. If a team is up by 15 points or more, they can no longer pressure in the backcourt. A 1-shot technical foul will be assessed to a team on the 3rd violation, and any subsequent violation of this rule.
<b>Fouls:</b>	Each player is allowed 5 fouls before they are no longer allowed to play in the game. On a team's 7th foul, their opponent will be in the "Bonus" and shoot 1 and 1 free throws. On a team's 10th foul, their opponent will be in the "Double Bonus" and shoot 2 free throws.
<b>Technical Fouls:</b>	Any player or coach that receives 2 technical fouls will be ejected from the game. Upon a coach or bench personnel receiving their 1st technical foul, everyone on the bench must remain seated the rest of the game.
<b>Flagrant Fouls:</b>	Any player receiving a flagrant foul will immediately be ejected from the game.
<b>Player Uniform:</b>	All players must wear gym shoes and athletic shorts at an appropriate length. Jewelry is not allowed to be worn during practices or games. Jewelry cannot be taped down. <u>Recreational Leagues:</u> Grades 1-6 must wear the uniform provided by the APD. <u>Competitive Leagues:</u> Teams are responsible for providing their own uniforms. Numbers must be visible on the front and back. Valid basketball numbers are required. Accepted numbers include; 0-5, 10-15, 20-25, 30-35, 40-45, and 50-55.
<b>Bench:</b>	The only individuals allowed on the bench are 1 head coach, 1 assistant coach, and the players on the team. Both coaches must complete a background check, concussion training, Lindsay Law training and a Coaches Code of Ethics. Only 1 coach may be standing during the game and remain within 5 ft. of the bench.
<b>Sportsmanship:</b>	Good sportsmanship is a must and expected of all coaches, players and spectators. Derogatory remarks yelled at coaches, players, staff, officials, parents or other spectators by anyone during the season won't be tolerated. Poor sportsmanship will result in immediate ejection from the game and premises by APD staff or officials.
<b>Ejections:</b>	All ejections will result in a minimum 1 game suspension (next played game). If a coach or spectator is ejected, they will need to leave the property immediately and must meet with the APD Recreation Supervisor to be reinstated.
<b>Gym Rules:</b>	Coaches are responsible for their teams and spectators whenever they are in the gyms. No one should be in the hallways or classrooms at any facility at any time. Food and beverage are not permitted in the gyms. Only water is permitted.